Dr. Budwig's principle of good fats

The formula for vitality

When we address the issue of how to maintain our health and increase our vital energy, we must look at the cells which make up our bodies. The cell is the smallest functional unit in the body. Inside these cells, a lot of metabolic processes are constantly taking place with the end goal of producing energy for our bodies. Our organism is made up of approximately 100 trillion cells. A healthy metabolism is, therefore, the basic prerequisite for our overall health.

> *"Let your food be your medicine, and your medicine your food" (Hippocrates, famous physician of antiquity)*

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In order for our cells to provide us with energy, they need nutrients and vital substances. Healthy, polyunsaturated fatty acids play a particularly important role here. They are essential, that is, they cannot be synthesized by the body itself and, therefore, must be supplied via our daily diet. When we manage to fulfill the needs of our cells with enough healthy fatty acids, it forms the basis for an optimally functioning metabolism. We remain healthy and bursting with energy and zest for life.

More vitality and fitness

Dr. Budwig's principle of good fats is a natural form of nutrition – based on a highly energetic diet specifically tailored to meet the requirements of our cellular health and designed by Dr. Johanna Budwig.
The central component of the diet: native flax seed oil which, due to its high, natural energy potential, ensures that our cells receive their daily required amount of polyunsaturated fatty acids. Pure vegetable oil compositions, which use valuable flax seed oil as a base and are tailored to special health-related needs, make ideal supplements to Dr. Budwig's principle of good fats. The combination of healthy fatty acids with sulfur-containing amino acids from Quark and along with plenty of fruits and vegetables, provides an ideal basis for optimal cellular respiration. The result: more vitality, an improved sense of well-being.

Alternatives to Quark

The combination of quark (cottage cheese may serve as a substitute) and flax seed oil is well tolerated, even by people who are sensitive to the lactose contained in dairy products. For those who wish to do without quark, there is a wide range of alternatives. Sulfur-containing protein building blocks are found in many other foods, such as buckwheat, millet, quinoa, or amaranth. Sulfur-containing protein blocks are also present in sulfur-containing vegetables and herbs and spices, such as onions, leeks, garlic, wild garlic, chives, peppers, etc.

Balancing out a deficiency in healthy fatty acids has beneficial effects on many of the diseases of our modern societies.

Most people in the Western world suffer from dietary deficiencies or malnutrition. Too many types of harmful fat are consumed. At the same time, too little high-quality, healthy, polyunsaturated fatty acids are available to our bodies. This can result in diseases such as diabetes, myocardial infarction, and/or depression.

Fatty acids and their effects on the organism

Dr. Johanna Budwig succeeded in differentiating saturated fatty acids from their unsaturated counterparts though her paper chromatography method. As a result, she was able to identify flax seed oil as a significant source of polyunsaturated fatty acids. Furthermore, she discovered the existence of trans fatty acids and tirelessly warned of the damaging effects of these fatty acids on the organism.

Dr. Budwig Quark flax seed cream as an important building block of a healthy diet

Dr. Johanna Budwig could not let go of the obvious connections between diet and illness. Using animal models in 1957, she was able to demonstrate different effects of omega-3 fatty acids on the living organism. It proved that the essential fatty acids, linoleic acid and alpha-linolenic acid, are of great importance in combination with sulfur-containing amino acids for the uptake of oxygen into the cell. For this reason, she recommended the regular consumption of her Budwig cream made from Quark and flax seed oil in the morning- as a healthy breakfast.
Along with a portion of fresh fruit, the Budwig cream is a fundamental component for maintaining the health of our cells. This increases our senses of vitality and well-being.

Eat yourself healthy!

Treat yourself to a healthy start in the morning by taking the time to whip up a Budwig Cream. Prepared with shredded flax seeds and fruit, this breakfast dish is bound to leave you feeling satiated ans energetic as you embark upon your day.

Ingredients for one portion:
1–2 tablespoons of flax seed oil
1 tablespoon milk
125–150 g quark
1 teaspoon honey
2 tablespoons fortified, shredded flax seeds
3 tablespoons chopped fruit (whatever happens to be in season)
Nuts or spices such as cinnamon, cardamom, etc.

Preparation:
First prepare the Budwig cream as follows: blend the quark with the milk until the consistency becomes smooth. Add the linseed oil and stir until no more oil is visible. Lastly, sweeten with honey.

Budwig Cream is best served in a glass bowl, as to enjoy the visible the individual layers of ingredients!

Oil-protein diet as a form of therapy

To assist her in treating patients who were critically ill, the medical practitioner Dr. Johanna Budwig developed a holistic therapy concept – the oil-protein diet. Once more, the foundation of this dietary strategy is the consumption of flax seed oil in combination with sulfur-containing amino acids, embedded in a lacto-vegetarian, whole food which is rich in vital substances. Her patients were to adhere strictly to the guidelines set out of the oil-protein diet. Only in doing so can the patient's cells, and, thus, the whole human being, be restored to their former function and become healthy again.

Fatty acid quality counts

As far as Dr. Johanna Budwig was concerned, flax seed oil presented one of the most precious treasures for our cellular health. She pointed out again and again that there was no other oil which she was aware of which exercised the same beneficial effects on health as flax seed oil. In the hope of preserving these effects, she set out strict quality standards for the production of flax seed oil. Care must be taken to preserve the electron richness of the flax seed oil and, thus, its intense potential effects on the human organism.

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